BRAIN TONIC

The workout for your brain!

User's guide

SHINDO PRODUCTION

PC
MAC

INTRODUCTION

Despite common belief, brain cells don't die with age never to be replaced!

Doctor Sandrine Louchart de la Chapelle, Deputy Chief of Staff at the Memory Center of Monaco Hospital explains:

"Research into ageing has shown that ***cognitive decline is not inevitable!*** *In fact, the brain is capable of modifying both its structure and its way of working throughout its life. This is what is referred to as* ***cerebral plasticity****. Therefore,* ***whatever the age, the brain possesses a cognitive potential for learning that should be exploited*** *and that shouldn't be underestimated!"*

In most cases, a fall in intellectual performance levels reveals nothing more than that the brain needs more stimulation. For example, during the watershed period of life that is retirement, memory problems are most often the result of the decrease in mental stimulation that occurs with stopping work.

Neurons need to be stimulated to keep them active as long as possible!

"We are aware of the benefits of regularly practicing intellectually stimulating activities: playing bridge, crossword puzzles, sudoku or chess. But there are other ways to stimulate the different brain functions based on the regular practice of various exercises. These exercises are conceived to ***work one's memory as well as other important brain functions such as language, reasoning, attention and perception****."*

Regular practice of mental activities is therefore a factor in the fight against certain neurodegenerative disorders and seems essential to **preserving our cognitive capital**.

The Brain Tonic brain training program is an **innovative method** of pedagogical and game-like exercises designed **to stimulate the five cognitive functions** :

"The development and ergonomics of the program were given thorough consideration in order to simplify the manipulations required for its use. The graphic and sound environment of the game has also been given a lot of thought so that it is both ***user-friendly****, and simple enough that it is* ***conducive to concentration - combining pleasure with mental effort****.*
We know that people are more likely to pursue the practice of exercises if they can obtain psychological benefits from them, if they produce a state of "well being" and pleasure.

So get started and remember that it's never too late to start this training, all while having fun."

PRESENTATION

Brain Tonic: a simple, interactive and fun program to give your brain a workout!

Whatever your age or your education, you can reap the full benefits of this method, training your **five cognitive functions** with every session.

Each Brain Tonic session contains two steps:

1. A test:
Evaluate the tonicity of your brain with a series of questions that allow you to determine your strengths and weaknesses in each of the five cognitive functions.

2. Exercises:
Play and stimulate each cognitive function, based on the results obtained, to progress and better your performances. **Work at your own rhythm and according to your own needs**.
Start the exercises over as many times as you like.

Throughout your session **your results are analysed and comments provided**.

With its three volumes, Brain Tonic allows you to advance at your own speed:

Level 1 - Beginner **Level 2 - Advanced** **Level 3 - Expert**

EASY TO PLAY!

Insert the CD-ROM in your CD/DVD-ROM drive to launch the game.
If the program does not launch automatically, follow these steps:

For PC users:
1 – Double-click on the “My Computer” icon on your desktop.
2 – Double-click on the icon for your CD/DVD-ROM drive.

Coach Advice:

You should be able to easily locate the program in the “Brain Tonic” folder.

3 – Double-click on “BrainTonic_1.exe”, “BrainTonic_2.exe” or “BrainTonic_3.exe”, according to the version you have chosen. ☺

For Mac users:
To launch the game, double-click on the Brain Tonic icon (1, 2 or 3 according to the version you have chosen) on your desktop.

Minimum System Requirements:

PC:	MAC:	LINUX:	FLASH:
- Windows® 2000/ 98/ME/XP/Vista - Intel® Pentium® II Processor 450 MHz (or equivalent) - 128 MB RAM	- OS X 10.1, 10.2, 10.3, 10.4 - PowerPC® G3 Processor 500 MHz - Intel Core™ Duo Processor 1,83 GHz - 128 MB RAM	- Modern processor (800 MHz) - 512 MB RAM, 128 MB graphic card memory	- Version 8 plug-in player

Once you have launched the program, simply follow the coach’s instructions to play (see the following pages).

SELECTING A PLAYER

Before starting your Brain Tonic program, you must either select your name in the player list or create a new name.

Coach Advice:

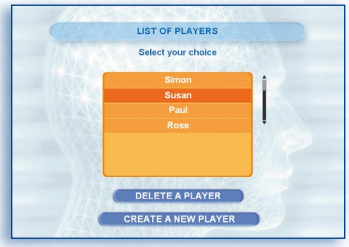
When you create a new player, a “Flash” window opens and you are asked to confirm whether you wish to save the information on your computer. Click on the green “Allow” arrow to save your scores as you pass the various tests and view your overall results at any time.

If you click on "Deny", you will be able to play but none of your scores will be saved and it will be impossible to view or archive your results.

Once you have entered your name, click on "GO" to launch the game.

NOTE: The following characters cannot be used: ^ ~ * & # | ' \ / : ; , ? < > , \ «

The next time you play, simply click on "**LIST OF PLAYERS**" and select your name to launch the Brain Tonic program.



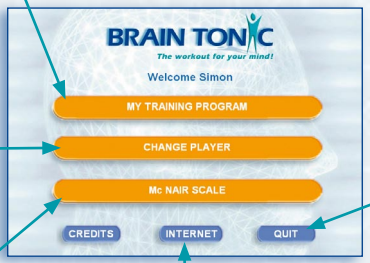
Coach Advice:

If you have entered the wrong name or wish to delete a player, click on "DELETE PLAYER" and follow the onscreen instructions.

HOME

My Training Program: Pass the tests to evaluate your mental tonicity. Then complete the recommended exercises to train your brain effectively.

Changing players: If you have clicked on the wrong player name or simply wish to switch to another player, follow the instruction below or refer to page 05.



Quit: Exit the Brain Tonic program.

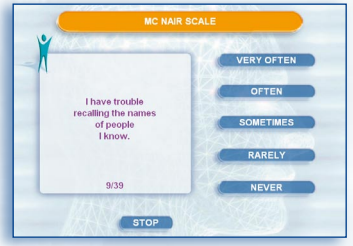
McNair scale: Self-evaluate your capabilities and your memory in everyday situations.

Internet: Access the www.brain-tonic.co.uk website to register and become a privileged member of the Brain Tonic Club and benefit from special offers and exclusive advantages.

McNAIR SCALE

Select how frequently you have faced each of the 39 situations in the last three weeks. Choose one of the five options offered.

At the end of the questionnaire you will receive a score* and comments on your memory.



Coach Advice:

This test is also used by doctors to evaluate memory problems. If you have any concerns, communicate your score to your doctor and discuss the results with him.

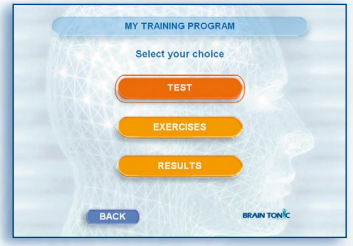
*The results of this scale are based on the analysis by L. Israël on normal subjects over 60 years of age, with an average score of 39.3 ± 16.26.

MY TRAINING PROGRAM

For an effective training program, we recommend the following:

1 - Do the test first to evaluate your mental tonicity.

2 - Do the recommended exercises to make steady progress.



In each test, you will be given 6 questions for each of the five cognitive functions. The exercises follow one after the other. Once the test is complete, the results are displayed and your overall score is given.

You can consult the record of your scores at any time by clicking RESULTS.

See the details in the RESULTS section.

The exercises and questions are randomly selected, so the tests and the game are constantly renewed.

Coach Advice:

To effectively stimulate your brain I recommend you take at least 3 Brain Tonic sessions each week, with one test and at least one exercise… Two exercises are even better! Preferably for the cognitive functions where your results are lowest.

COACH

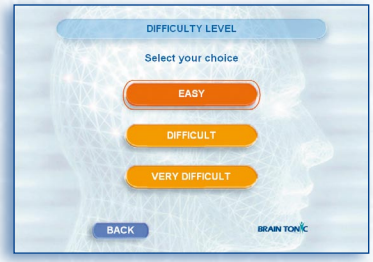
You can choose either a male or a female coach to follow your Brain Tonic training.

Coach Advice:

Varying activities helps maintain your attention. And don't hesitate to play in silence to help your concentration.

LEVEL OF DIFFICULTY

To get the most benefit from the Brain Tonic method you are free to choose the level of difficulty that you want to train at.



Coach Advice:

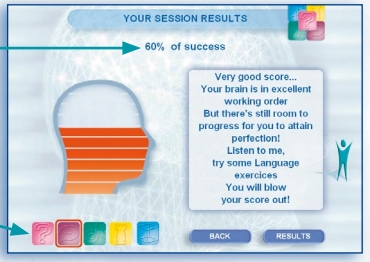
Be realistic! For optimum results, follow the training method and start with the easiest level. By following my recommendations, you'll make steady progress day after day, with effective and lasting results. And don't worry, I'll let you know when the time comes to move up a level.

RESULTS

After a test, your results are analyzed and annotated in your personal profile. The coach will even let you know the cognitive function you should work on to make the best progress.

The percentage indicates your overall results - a summary of the results you obtained in each of the functions.

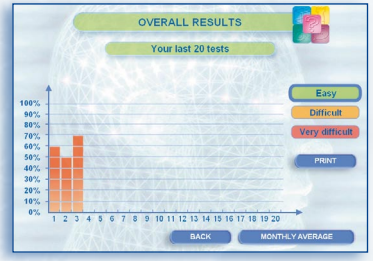
Click on the icons to display your scores for each function.


YOUR SESSION RESULTS
60% of success
Very good score...
Your brain is in excellent working order
But there's still room to progress for you to attain perfection!
Listen to me,
try some Language exercices
You will blow your score out!
BACK
RESULTS

Coach Advice:

Click on the EXERCISES button to access the "Exercises" menu for the function you wish to work on.

You can follow your progress and see your last 20 scores, by clicking RESULTS.



Coach Advice:

Here are a few tips which will help you track your progress:

1 – Select the level for which you wish to view your results.

2 – Drag the mouse over each column to display the date and your percentage.

3 – Print your results to archive them and show them to your friends and family.

4 – Click on "Monthly Average" to view your progress month by month.

EXERCISES

Choose the function you want to work on depending on your needs or interest.
For each function, you can choose between 3 games.

All the games are designed with the same format: first you must observe the first screen closely. Then, when you are ready, you pass to the next screen to answer the questions.

Coach Advice:

Take your time! But not too much time! ☺

The Brain Tonic method is based on learning by discovery and understanding your errors - leaving each person free to develop their own strategy. To make rapid progress, analyze your errors to understand the game mechanics.

Coach Advice:

**Naturally, the more you train, the better you will understand the tasks and the more progress you will make…
Your brain will surprise you!**

That's why we will give you the solution as soon as you validate your response:

- Green for the right answer
- Gray for the wrong answer.

MEMORY EXERCISES

1 – Cards
Memorize the details of each card: value, suit, position…

2 – Operations
Find the unknown value to solve the equation.

3 – Clocks
Calculate the passage of time.

ATTENTION EXERCISES

1 – Numbers
Observe the numbers and their details: value, colour, position…

2 – Groups
Memorize the groups of letters.

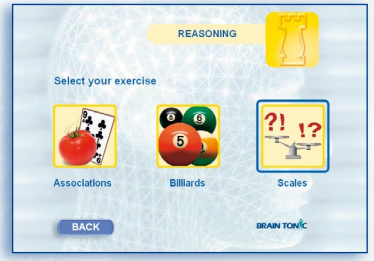
3 – List
Memorize the list of words: meaning, colour, position…

REASONING EXERCISES

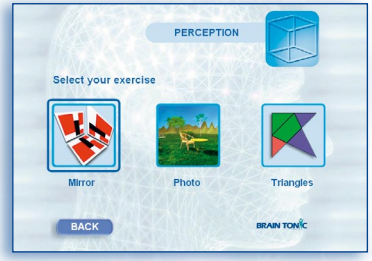
1 – Associations
Memorize the association of cards and pictures.

2 – Billiard
Observe the billiard balls and their values…

3 – Scales
Compare the objects on the scales.



PERCEPTION EXERCISES



1 – Mirror
Observe the geometric shape and its axis of symmetry.

2 – Photo
Study the photo - every little detail counts.

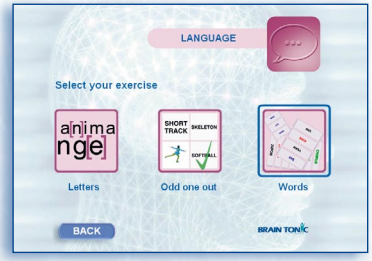
3 – Triangles
Count the number of triangles in the shape that appears.

LANGUAGE EXERCISES

1 – Letters
Observe the photo and what it depicts.

2 – Odd one out
Find the odd one out in the list.

3 – Words
Memorize the list of words.



www.brain-tonic.co.uk

Come and join us at www.brain-tonic.co.uk!

Become a member of the Brain Tonic Club and benefit from the offers and exclusive advantages.

Participate in our polls and discussion forums and have fun testing your memory and general knowledge…

Discover our handy tips and tricks for staying in form all year round!

PRECAUTIONS TO TAKE BEFORE PLAYING ANY VIDEO GAME

Avoid playing if you are tired or haven't had much sleep. Be sure to play in a well lit room and use moderate brightness for your screen. When using a video game connected to a monitor, sit a good distance from the screen and as far as the cable of the controller allows. Take a break of 10 to 15 minutes every hour.

Epilepsy warning: Some people are susceptible to epileptic seizures or loss of consciousness when exposed to certain flashing lights or light patterns in everyday life. Such people may have a seizure while watching images or playing certain video games. This may happen even if the person has no medical history of epilepsy or has never had any epileptic seizures. If you or anyone in your family has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your doctor prior to using this product. If you or your child experience any of the following symptoms: dizziness, blurred vision, eye or muscle twitches, loss of consciousness, disorientation, any involuntary movement or convulsion, while playing a video game, immediately discontinue use and consult your doctor.

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BIG THANK YOU TO:

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The teams at our partners that have provided support throughout the project.

The players who have helped us make, and obviously test, this game.

Without forgetting the Doctors and Neuropsychologists that have given their support and precious advice.

SHINDO PRODUCTION

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